Moderated by Lone Fjorbäck

‘Online embodiment: the possibilities and pitfalls of online mindfulness’

Rebecca Crane, Zindel Segal, Arnold Van Emmerik, Wendy Pots, moderated by Lone Fjorbäck.

This panel discussion will start with a short introduction and presentation by the panel members, followed by an interactive part with input from the audience, exploring the theme of online mindfulness approaches. There will be ample space for questions and reflection.

Edel Maex

Mindful communication